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### “CLINICAL STUDY OF ASHWATHADI LEP WITH MADHU PRTISARAN IN MANAGEMENT OF MUKHAPAKA ”

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#### **ABSTRACT:**

*Mukhapaka* is a common problem seen in day to day practice. So to contribute my share towards this, it was decided to undertake a study in the field of *Mukhapaka*. To verify clinical study of *Ashwathadi Lep* with *Madhu* in treatment of *Mukhapaka*, a study was conducted on 30 patients, 15 patients were allocated in trial group and 15 patients in control group by random selection method. The patients in to Control group were treated with *Kamdudha* Churn with *Madhu pratisaran*, while trial group patient were treated with *ashwathadi lep* with *madhu* for 7 days. Internal medicine was not given to both groups. It is revealed that there is highly significant reduction in *vedana* , *Daha*, *Mukhadurgandhi*, and number of sites of ulcers and size of ulcer in trial group.significant reduction in Aarochaka was observed. *Ashwathadi lep* has *vranaropaka*, *vranashodhana*, *sandhankaraka*, *shothaharaproperties*. By all these properties, by this study it is proved that as *Ashwathadi Lep* is better option in the treatment of *Mukhapaka*.

#### **Key Words:**

*Ashwthadilep, Madhu, Mukhroga, Mukhapaka.*

## INTRODUCTION-

21st century is the century of science and innovations; life is become faster in this time. Civilizations have changed human life considerably; with not only good benefits of it, but some bad effects on human health. As the life style is changed individuals are consuming excessive quantity of *apthyakarahar* i.e. mixed type of food, acidic foods, spicy foods, chat foods, instant foods, Chinese, cold drinks etc. also addiction like chewing tobacco, *supari*-(betel nut), *gutka*, tobacco with lime, smoking, drinking alcohol etc. which in turn disturb in the normal physiology of the body. These dietary ir-regulations, Dietary allergen, habits and addictions perform long bad effects on human body which reduces the immunity and make them prone to many diseases; one of them is *mukhapak* i.e. Stomatitis. Many treatment modalities like antibiotics, anti-inflammatory, anesthetics drugs, supplements like vitamins etc. are tried in modern science, which are either limited or unsatisfactory. Hence medical science is in the search of a safe, easily available cost effective, therapy for this disease. In *Mukhapak* mainly *pitta dosha* and *raktavaha* and *mamsa* are the *dushyas*. To break this *samprapti*, *pitta doshahar*, *raktaprasadak*, *vranashodhak*, *vranropak*, *shothaharchikitsa* is essential.

Review of *Ayurvedic* text was done and according to various *Acharyas*, prescribed treatment for *mukhapak* is in the form of *kawalgraha*, *gandush*, *pratisaran*, *raktmokshan* etc. Particularly in case of *Mukhapak ashwathadilep* along with *madhupratisaran* is advised. Both are having properties like-Anti-inflammatory, *Vedanasthapan*, *Vranashodhan*, *Vranaropan* and *Raktapittahar*, *kaphashamak*, ulcer healing properties.

### AIM:

A study on the efficacy of *Ashwathadilep* with *Madhu* in management of *mukhapka*.

### OBJECTIVES-

- To study *Mukhapakavyadhi* according to Ayurveda.
- To study stomatitis according to modern medical science.
- To study the role of *pratisaran chikitsa* & efficacy of *Ashwathadilep* in *Mukhapaka*.
- To study the importance of systemic effects of *Ashwathadilep* in *Mukhapaka*.

### REVIEW OF AYURVEDIC LITERATURE

*MukharogaNidana – Hetu –*

In general *Ayoga*, *Atiyoga* and *meethya* yoga of *kala*, *buddhi* and *Indriyarth* are the causative factors for any disease. In other words, the causes of the diseases relating to both mind and body are three fold wrong utilization, non-utilization and

excessive utilization of time, mental facilities and objects of sense organs In Ayurvedic literature, special *nidan* has been mentioned for *mukharoga*. The causative factors in general are mentioned for all types of *mukharoga*.

*SamanyaSamprapti* of *Mukharoga* -

Due to specified etiological factors, *tridosha* get vitiated and among which *kapha* is aggravated more producing *mukharoga*. *Mukha* is *sthan* of the *Bodhakkapha*. So the etiological factors, of the *mukhroga* do the *vikruti* of the *Bodhakkapha*. *Madhur* and *amlarasas* are the main etiological factors for the *vikruti* of the *bodhakkapha*. Due to the above factors mainly *kaphapradhanpra kopit Dosh*a causes the *mukharog*.

*Mukharoga – SamanyaRoopa* –

*Kashayapa* has told the signs and symptoms of the *mukhroga* in children. Excessive salivary secretions, refusal for breast feeding pain in oral cavity, restlessness of child, vomiting after milk feeding and increased respiratory rates, crying etc.

*Mukharoga Samanya Chikista Sutra* –

In oral Cavity, in *Mukharoga* mainly *kapha* and *Raktadusti* is there so *Raktamokshana* is main *chikitsa*. *Kosteshudhi* by *virechana* and as need *vamak* medicinal *dravyas* are helpful *kawalagraha*, *gandusha*, *Nasya*, *shirovirechana*. *Pratisarana*, *Dhooma*,

*Agnikarma*, *Ksharakarma*, are also helpful in *mukhrogas*. *Charak* has told *pradhamananasya*, *virechana*, *vaman*, *lekhana* and *vat*, *pitta*, *kapha*, *shamakahar* and *dravyas*.

*Mukhroga Samanya Pathya* –

Generally in all *mukhroga*-old Rice, *Joa*, *Muga*, *Kulalthya*, *karella*, *paravala*, *komal*, *muli*, Hot water *tikta* and *kandu Rasa* are all *pathayakar*.

Specially *kapha* and *raktashodhakahar* is useful in *Mukhroga*. Green vegetables, fruit, dry fruits, butter, carrot, tomato, orange, limes, santra, *palaka*, *Awala*, *Hari-dhaniya* are useful in *mukhroga* which contains vit. A, B, C. etc .

*Apathyas* –

Generally – in all *mukhroga* – *Amalapadartha*, cured milk,, sweet *padartha*, *vidahi*, *Rukshanna*, *kathinabhari* and *Abhishyandiahar* are *apathyakar*, cold water, brushing, eating of hard *padartha*, fish, *anupadesh*, goat Animals *mamsa*, sleeping at day time are *ahitkar*. *Adhomukhashayana* is also *Ahitkar* .

Disease Review

*Acharyasushruta* had described *mukhroga* in *Nidansthan*. There are 65 *mukhroga* which occur at seven locations such as lips, teeth tongue, palate, throat and oral cavity. Out of them 8 occur in lips, 15 in gums, 8 in teeth, 3 in tongue, 9 in palate, 17 in throat and 3 in entire mouth.

*Mukhapaka-*

The disease, which affects the whole oral cavity, i.e. buccal mucosa is called as *Mukhapaka*. As the disease spreads very quickly in the oral cavity it is called as *Mukhapaka*. *Acharyasushruta* had told types of *Mukhapaka* as *vataj*, *pittaj*, *kaphaj*, and *Raktaj*.

*PittajMukhapaka* –

1. Burning type of red and yellow coloured crackling thing blisters / boils or ulcers in the mouth
2. Burning and combusting type of pain with feeling of bitterness in the mouth
3. Ulcers in the mouth are formed like that of the ulcers formed by alkalis.

*Samanya Chikitsa* of the *Mukhapaka* are –

1. *SheeraVedha*
2. *SheeroVirechana*
3. *Kaya Virechana*
4. *Kawalgrah (Gargels)* – with *mutra*, *oil*, *Ghee*, *madhu*, *Milk*.

*Kawalgrah {Gargles}* –

*Kawalgraha* & *Gandusha* are the procedures of gargling with the medicinal liquid *kas* either *kwatha*, *taila* etc. kept in mouth for a period of a *Dharanakala*. Basic difference in *kawala* and *Gandusha* is *kawala* is that of quantity of drug which can be easily moved in mouth and if it is taken full of mouth is called as *Gandusha*.

*Vishesha Chikitsa Pittaja Mukhapaka* –

In case of *pittaja Mukhapaka pittahar Chikitsa* of all types with the help of *Madhu* and *sheetal* medicinal *Dravyas* are

advised. *Pitta* and *Rakta* shaman *chikitsa* should be done in *pittaja Mukhpaka*.

Drug Review–

*Ashwatha-*

*Gana:Mutrasamgrahaniya,*

*kashayaskandha.*

Family:Moraceae.

*Kula:vatkula.*

Botanical name: *Ficusreligiosalinn*

English name: Sacred fig.

Properties -

Rasa: madhur,kashaya

Veerya: sheet

Guna: guru,ruksha

*Vipaka: katu*

*Dosha: khaphapittashamak*

Chemical composition:

*Twag* contain tannin {4% }

Parts used: Bark, Fruit, Shunga[leafbud],

Kshir

Source of Drug:

*Ashwatha* & *madhu* drug is were collected & authenticated from GMP certified company.

*Madhu(honey) Guna Karma-*

*Rasa –Madhur ,kashaya*

*Guna– Sheeta,Laghu,Ruksha*

*Dosha – Rakta, Pittahara, Kaphashamak,*

*Tridoshghna.*

MATERIALS AND METHODS-

Materials for examination of patient

1. Bulls Lamp
2. Head Mirror



3.Torch

4.Tongue depressor

5.Autoclaved hand gloves

6.Autoclaved cotton.

Materials for Administration of Medicament

- Chair to sit the patient
- Madhu* – in a sterile bottle
- Sterile gloves
- Ashwathaditwag*
- Head mirror, napkin etc.
- Tongue depressor

#### STUDY DESIGN:

The whole study was divided in 2 group / types.

1)Conceptual study.

2)Clinical study.

1)Conceptual Study – Detailed review of *Ayurvedic* and modern literature was carried out to know about disease – *Pittaj Mukhapaka*- entity and treatment.

2)Clinical Study – Total 30. Patients of *pittaj Mukhapaka* was selected and randomly divided into two groups . Clinical trial group & Control group Patients were reviewed at 3rd, 5th, 7th day and 15th, 30th day if required and the prognosis of disease was recorded of each patient.

1)Experimental group(A) –

The study group i.e. trial group was treated with *Ashwtheadilep* with *Madhu* twice times in a day. Therapy will be given upto 7 days and follow up will be taken on

every 3rd, 5th, 7th, day & necessary advice was given to the patient time to time.

2)Control group(B) -

Control group was treated with *Kamdudha* churn with *madhupratisarana* twice times in a day .

Sampling Techniques – A random sampling technique was adopted.

Inclusion Criteria –:

Patient of age group 10 to 50 yr. of both sex. That the patient should give history of burning sensation in oral cavity.

1.Patient with intolerance to eat spicy foods.

2.Change in color of oral mucosa.

3.Ulcers in oral cavity.

4.Above complains with recurrent episodes of

*Pittaj Mukhapaka*.

Exclusive Criteria –

1. Patients having gingivitis, pyorrhea, etc.

2. Tubercular ulcers / syphilitic ulcers / diabetic ulcer.

3. Conidial ulcer, oral thrush.

4. Ulcers due to herpes zoster.

5. Traumatic ulcers.

6. Immune-suppressive disorders.

7. Oro-dental fistula.

8. Known oral, throat, tongue malignancies etc.

9. Severe Anemia.

10. OSMF (oral sub mucosal fibrosis).

11. Known case of gastritis.

### OBSERVATIONS & RESULTS –

From the study, it was observed that *mukhapak* is a common disease in all the age groups of present era. It is more common in young as *pittapradhanyata* found in young age. Due to many reasons it occurs in mouth. In this disease *mukha* is affected by *paka* procedure which is always associated with *pitta dosha*. So *mukhapak* is more found in *pitta pradhandesh*, *pitta pradhanprakruti* & in *pittajkala*.

The occurrences of symptoms in both the groups were same. The symptoms relived in the patients of both the groups were compared & also shown graphically. It showed that *Ashwathadi lep* with *madhu pratisaran* with locally worked more effective in relieving all the symptoms.

In group A, result were found as 88% of patients had total relief of all the symptoms on the 7<sup>th</sup> day. Total 3.3% patients had no relief at all. In group B, 75% of patients got relief on 7<sup>th</sup> day. 6.6% of patients had no relief.

### DISCUSSION –

*Mukhapaka* is a disease of oral cavity; it is the *paka* of oral mucosa and produces ulcers in oral cavity. Various treatment modalities from different medical faculties are in this disease like – local application, local anti-inflammatory, agents like ken

log, or abase. The paste application locally up to heal the ulcer. Tetracycline mouthelline mouthwash, then application of thick layer of Triamcinolone Acetoride is recommended. Oral or systemic antibiotic are administered if necessary. Supplementation of vitamins and iron is also recommended. These treatment have very limited or unsatisfactory results. In *Mukhapaka* *pitta dosh prokopa* and *rakta, Mamsa, dhatu, dushti* is *dushya* is there, localizing in oral cavity. Hence the line of treatment should be *pittashamaka, Shothahara, Vedanasthapana, vranashodhana, Vranaropana, Raktaprasadaka, Mamsadhatupustikara*. Scholars have selected *Ashwathadilep* with *madhu*, Proved to be very effective in this disease.

*Ashwathadilep* is *tridosahar, laghu, rukshagunas*. It is having properties like-anti-inflammatory activity, wound healing properties, antipyretic and antiseptic. *Madhu* when applied locally to mucous membrane, it causes stimulation of mucous membrane. *Madhu* removes vitiated *doshas*, improve wound healing. Patients of study group treated with *Ashwathadilep* with *Madhu* and that of control group with *Kamdudhachurna* with *madhu*, for same period and same pattern, follow up of each finding was recorded symptom wise in qualitative form and difference noted before and after

treatment. After study we came across the effect of *Ashwathadilep* with *Madhuwas* better in all respect than that of control group.

### CONCLUSION-

From the given observations we can come to the following conclusions:

1. *Mukhapak* is one of the commonest oral diseases in india.
2. *Mukhapak* is found in all the age groups.
3. *Mukhapak* is found more in pitta-*pratisaran* is found to effective.
4. Use of *Ashwathadilep* with *madhupratisaran* is found to effective.
5. Use of *Kamdudhachurna* with *madhupratisaran* is found to effective

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